

PREVENTING TRAVEL-RELATED ILLNESSES

Mayo Clinic in Scottsdale Provides 10 Tips for Staying Healthy When You Travel

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Whether it's a dream vacation or an important business trip, the last thing you want is to get sick while travelling. While some illnesses are simply unavoidable, there are things you can do to maximize your odds of staying healthy as you travel.

Don't take a vacation from the healthy habits you maintain at home, however. Have fun, but remember – all things in moderation.

Here are ten of the most common travel-related illnesses and some tips on preventing them:

- **Dehydration** – Drink plenty of water or fruit juice during your flight. Avoid, or minimize, alcohol and caffeine use.
- **Swollen Legs** – Take a walk through the airplane cabin every hour or so. Flex your ankles or press your feet against the seat in front of you (but not too hard!).
- **Ear Pain** – Chew gum or suck on hard candy during ascent and descent. If you have a sinus infection or cold, use a short-acting decongestant before takeoff, and if your flight lasts more than 4-6 hours, before landing.
- **Jet Lag** – Before you leave, gradually adjust your sleep schedule to more closely match that of your destination.
- **Motion Sickness** – Ask for a seat over the front edge of a wing.

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Once seated, direct the air vent toward your face and rest your head against a chair back.

- **Traveler's Diarrhea** – Eat only well-cooked foods. Avoid creamy dressings, buffets and dairy foods. Drink carbonated water, soft drinks, beer and wine, but only if served in their original, unopened containers.
- **Heat Exhaustion** – Pace yourself and go slow the first few days. Plan regular "shade" breaks. Drink lots of liquids – even before you feel thirsty.
- **Blisters** – Wear comfortable shoes and cotton or wool socks dusted inside with talcum powder.
- **Altitude Sickness** – Take time to adjust to a higher altitude because, when you're not used to it, even simple activities like carrying luggage can make you breathless.
- **Sunburn** – Use sunscreen with a SPF of 15 or higher. Apply 30 minutes prior to sun exposure and reapply after swimming or perspiring heavily.

By following these simple tips, you should be well prepared for a worry-free vacation or business trip.

For more information on travel-related illnesses as well as other health issues, visit www.MayoClinic.com.

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To schedule an appointment, call 480-301-4141.